

Critical Incident Stress Management

Fostering Community and Organizational Resilience

A Continuum of Care During a Pandemic

Critical Incident Stress Management (CISM) is a strategic approach to fostering resilience within all individuals in times of crisis and disaster. Researchers in the field of disaster mental health warn that the emotional and psychological effects of the COVID-19 pandemic will have an enduring impact on humanity. The CISM continuum of care is the most commonly used strategic planning system for disaster mental health, with the goal to foster wellness through planning and preparation, provide resilience-building interventions, and support access to treatment rehabilitation.

Offered in collaboration with the McHenry County Mental Health Board and Northwestern Medicine Community Partners, CISM interventions are designed to help your organization navigate through this difficult time with early interventions intended to enhance individual and organizational resilience. Interventions may include education, one-on-one or family sessions, and pastoral care. Additional options include small group interventions such as crisis management briefings, defusing and critical incident stress debriefings.

Goals of these resilience-building interventions:

- Lessen the psychological and emotional impact of the current COVID-19 pandemic
- Identify normal stress reactions
- Encourage a natural recovery process and skill-building
- Support individuals and organizations in restoring adaptive functioning skills
- Determine need for further support

To schedule a CISM intervention for your organization, contact the McHenry County Crisis Line at 800.892.8900.